Your ‘me-time’ holiday calendar

Friday, December 1
Count Your Blessings
Tips

Tuesday, December 5
Grounding with Your Senses
Audio

Thursday, December 7
Small Steps to Personal Growth
Tips

Tuesday, December 12
Self-Care at Work
Activity

Thursday, December 14
Square Breathing to Relax
Mindfulness

Monday, December 18
The Importance of Taking Time Off
Mindfulness

Wednesday, December 20
Kindness Meditation
Activity

Tuesday, December 26
Managing Seasonal Affective Disorder
Read

Thursday, December 28
Self-Soothe Writing Activity
Activity

Sunday, December 31
Transition Time Between Situations
Read

View this calendar using your smartphone to access the in-app resources

When we make time to look after ourselves, we are better able to show up for others.

The holidays can sometimes be a little overwhelming. To support you, we’ve created this ‘me-time’ calendar to help you prioritize your mental health. The more you schedule time to look after you — using exercises and resources in the app — the more you’ll feel on top of things, no matter how busy the season gets!

Your mental health journey is important, no matter what time of year it is.

Prioritize your mental health with Headspace Care. No matter where you are, when you need it, or what you’re going through, we’re here to provide confidential mental health support, offering text-based coaching, easy access to clinicians and a library of skill-building resources — all from the privacy of your smartphone.

Have a question? Email help@headspace.com